

GEDE PRAMA

A photograph of a Balinese temple complex silhouetted against a sunset sky. The temple features traditional tiered roofs and is situated on a rocky cliff overlooking the ocean. The sun is low on the horizon, creating a warm orange and yellow glow. The ocean waves are visible in the foreground.

Bell of Peace
from Bali to the World



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OFFERING PAGE



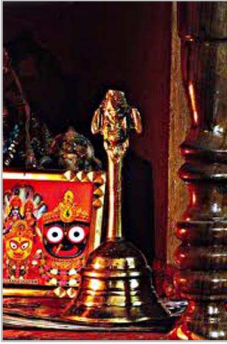
“This humble e-book is dedicated to the island of Bali”

Table of Contents

Front Gate : Bell of Peace	4
The Beauty of Sadness	10
Healing Anger	13
Transforming Anger Into Flower	16
Tiny Seed Within	20
Listening Is Healing	24
Painting Emotion Into Harmony	28
Beautiful Family	31
The Art of Happiness	35
Happiness, Joy, Bliss	39
Live, Love, Laugh	43
Touching Peace	47
Song of Peace	51
True Soul Mate	55
Beautiful Soul	58
The True Home	62
Simplicity, Clarity, Beauty	65
Life Is Beautiful	69
Bringers of Light	73
Angel of Joy	77
Knowing Death Knowing Life	80
Back Gate : The Healing Energy of Bali	83



Front Gate Bell of Peace



In other places, terrorist attacks were followed by anger and revenge. Only in Bali, terrorists attacks were given "loving flowers"

Bell of Peace

When Professor Karen Armstrong (one of the spiritual giants of our time who write *The Hystory of God*) visited Indonesia in early June 2013, she looks obviously impressed with the story of Bali as an island of compassion. One day after the author of the book "Twelve Steps to Compassionate Life" heard this story, in front of huge public in Jakarta she openly said that she could not sleep after hearing this story. Even after her return to England she was still taking the time to send an e-mail message that contains approximately like this: "I was so moved by your speech ... let us keep in touch about making Bali an island of compassion".

Loving Flower to Terrorists

The cosmic message of Bali bombing is clear. It happened exactly one digit after the terrorist attacks in the United States. To put it more precisely, in the U.S. it occurred in september 11th 2001 and in Bali it happened in october 12th 2002. From the date of eleven to the date of twelve, from month of september to month of october, from the year of 2001 to the year of 2002. And when the terrorist attacked New York City it was followed by a counterattack of countless bullets that costing a lot of lifes, in Bali there was not even a single small stone was thrown into the holy

*While in other places
devil is the enemy of
divine, in Bali both
devil and divine
respected equally.
This is the seed of
peace*

place of non Balinese. The most touching thing, the person who received many international medals because of saving a lot of lifes after the bombing was not a Balinese, but a muslim leader Mr. Haji Bambang.

As has been recorded by history, all the terrorist bombings anywhere else were followed by the fire of anger and revenge. But in Bali, as the story above, terrorists were even given “loving flower”. After contemplating from this event, in the depths of meditation ever heard: “samsara is at the head, nirvana is in the heart”. Suffering is the result of over critical mind. Peace is the fruit of love, kindness, compassion. It’s not coincidence that the beginning part of the word compassion is “compass”, the middle part is “pass”. This is the compass of the path. One who follows the path by using compassion as the compass, one day he/she will pass.

Rituals of Love

One thing that unique in Bali, there are rituals everywhere. More surprisingly, the ceremony is not devoted to the upper realms such as gods, goddesses, God, Buddha only, but also to feed the lower realm like demon. In almost every house there is penunggun karang, the kind of home for the local spirits that has lived there first. By feeding the lower creatures, this does not mean that the Balinese worship the devil, once again not!. It is the honest mirror of perfect compassion. When we can feed the devil, it is easier to provide offerings to God. If one can give space for the creatures of the dark, it is easy to provide room for the creatures of the light. The same thing happens to inner life. Psychological healing that throw out the inner demons like anger is belong to the long past. As many psychologists like Daniel Goleman of Harvard have practised deep meditation, the inner demons are no longer rejected, but they are gently hug. (note: please read the article "healing anger")

Back to the unique characteristic of Bali, cycle of time in Bali is divided into time of going up (worshiping the upper realm), and the time that goes down (feeding the lower realm). There are holy days to say thank you to the trees, animals, goods. And of course there are the holy days of worshiping the upper realm. In the contemporary language, Balinese ceremony is a ritual of love. A series of rituals that is intended to make all sentient beings happy and free from suffering.

And this type of rituals is not only a monopoly of Bali. In southern France and northern Greece, archaeologists found the caves millions of years old. On the walls of the cave there are very long reliefs carved in the rock, telling the love of people to animals because animals were the main source of food at that time. The similar thing happen to Tibet, one part of Tibetan

ceremony also feed the lower creatures. Merge into one, from long long time ago human heart is longing for compassion.

Compassionate Beings

Illuminated by the story of love ritual, it is clear that human being is actually a compassionate being. People were born here on this planet to bless this planet with love, kindness, compassion. And this planet is blessed when human being reinventing the authentic and holistic Self. That's why, the Balinese elder called human being as "dewa ya kala ya". Inside human being there is God and the devil as well. However, the devil is not the enemy of God. Both are part of what the psychologist Carl G. Jung called as authentic Self.

In the early stage, religions called anger, revenge, envy as representative of darkness. Religions also called kindness, love, compassion as the representative of light. But without the darkness, the light loses its meaning. Health and whole were reinvented when human embrace all dualities (including the duality of devil-divine) with the same quality of smile. Meditation is very helpful in this regard, especially because the most important task of meditation is to be a compassionate witness.

But this is far from easy. In the language of Carl G. Jung: "The most terrifying thing in life is accepting oneself completely". Particularly it is really hard to the unauthentic beings to accept shortages, bad luck, imperfections. That's why in another part of Jung's work he wrote: "People will do everything to avoid the Soul". Human being will do anything to get away from the Soul, because for people who do not complete and authentic yet the encounter with the Spirit is very scary.

To help people meeting the Soul peacefully, in Bali God is called Embang. In the absolute terms, Embang is very close to wisdom, emptiness, silence. That's why Bali is the only island in the world that celebrate the new year with silence day. Since emptiness provides space to grow without any discrimination, the relative aspect of Embang (God) is perfect compassion. This is reflected in the sincerity to feed the lower realms, as well as providing shelter for them. And this finding is supported by the cosmic messages in the form of famous film/ book "Eat, Pray, Love". According to the latest famous work, nice food was available in Italy, beautiful prayers were heard in India, and touching love is found in Bali. Great poet Rabin Dranath Tagore went to Bali once, and called Bali as "Morning of the World".

By putting Bali as an island of compassion, we ring the bell of peace to the world. A bell which reminding that violence can not be solved by violence. Violence can only be solved by peaceful mind and compassionate heart

Hearing a presentation like this, through facial expressions, body language, the email that was sent – even promised to tell this story to the United States – it was obvious that Professor Karen Armstrong was very impressive when she heard this conclusion: "Not only Seattle worth mentioning the city of compassion, it is also worth mentioning Bali as an island of compassion". By putting Bali as an island of compassion, we ring the bell of peace to the world. A bell which reminding that violence can not be solved by violence. Violence can only be solved by peaceful mind and compassionate heart.



*Sadness is not a punishment.
Sadness is a nurturing mother
who guide all to be back home*

The Beauty of Sadness

Almost everyone run away from sadness. Some even run into dangerous territories such as alcohol and drugs. And the reason behind, people consider sadness as mistakes and punishment. Any spiritual seekers who grow deep know, grief is similar to a nurturing mother who guide soul to be back home.

Sadness Is Not Punishment

One of beautiful soul who deeply explore the lake of sadness is Kahlil Gibran. While the ordinary person run away from grief or wounded by sadness, this widely known author peel layer by layer the onion of sadness. He smiled to every tear drop. He gently hugged every pain. He sprinkled each soul wound. The result was amazing, a beautiful holy book which is admired by the world (The Prophet).

It is understandable if all prophets and holy people should pass a long stairs of sadness. Some even lost their lives. And as everyone knows, after experiencing such deep and long sadness then beautiful light arise. In our age, Martin Luther aking Jr., Nelson Mandela, Mother Teresa, HH Dalai Lama, Thich Nhat Hanh, Mahatma Gandhi are great Gurus in this case. Bali island was in deep sadness when terrorist bombed the island twice, but few years later Bali was recognized as the best island in the world as tourist destination.

In short, sadness is not punishment. Sadness is not poison. Sadness is not intended to wound. Similar to cocoon which tries to comes out from the house. It is painful indeed, but as soon as cocoon come out from the house, pain transform it into a beautiful butterfly that fly to adorn the world.

As long as you're sincere and surrender, sadness can be transformed into holy water that purifying the soul

Sadness As Nectar

In a quiet pond of silence ever heard a beautiful message like this: "Sometimes not getting what you want can be a beautiful blessing". It sounds against the mainstream, but when it comes to soul journey it's true. If the desire is continuously fulfilled, it will strengthen the ego. And at the peak of ego there will be soul disaster.

For that reason, the unfulfilled desire can be a blessing later, especially to prevent one to sink into a deep and dangerous suffering. More than just a blessing, as long as a person is sincere and surrender in the front of sadness, grief can be be transformed into a nectar that purifying the soul. In a language of a spiritual friend, tears of sadness washed away the soul, and finally from a clean soul a baby of compassion was born.

These babies of love, kindness and compassion who ever born from the womb of sadness then lighten the journey of Jesus Christ and Mahatma Gandhi. And as has been noted by history, this light is glowing for thousands of years and illuminating countless soul.

The Guiding Sadness

To be honest, the last baby of compassion was not born from the womb of happiness that most people look for, but it was born from the womb of sadness that most people fear. And anyone who is sincere and surrender in the front of sadness, instead of running, see the guiding light behind sadness, they will be guided back home.

The most beautiful gift of sadness, it helps the holy to experience wonderful transformation from fear to love

A profound inner seeker who had long been guided back home by deep sadness ever heard a message like this: "being aware of one's fault is more meaningful than seeing thousand of mistakes in others". This is a beautiful soul who is back home. Sadness guides him/her to open layer by layer the inner self.

And at the peak of self-discovery one will understand, whenever we are in order inside the world is in order. Any souls who have returned home in this way will undergo a major transformation from fear to love. At this stage, it looks bright, life is similar to full moon. The bright part is love, the dark part is fear. Please make a note, both are the same full moon.



*Anger is an honest mirror that
someone still reject certain parts
of him/herself*

Healing Anger

There are many teenagers who hate their parents because of grumpy. Most subordinates are strongly reject the angry boss. In short, all people see anger as threatening poison. In fact, when equipped with enough clarity, anger can be transformed into lantern.

Lantern of Anger

To be frank, the grumpy person are hated in all age. if there is a chance to run away, all will run away from angry people. But what happen in life, angry people come again and again. If they are unavoidable, there must be a message hidden behind the grumpy.

Learning from so many angry people, to be honest the soul of grumpy person are deeply wounded. Ignorance makes them want to heal the wound by attacking others. As a result, they do not get the medicine from others, instead they get a new wound. When explored further, someone's anger to others is only a mirror that he/she still has anger inside. Either harmed by parents, abused by others, in short they rejected the dark past such strongly. And the more he/she rejects the past, the harder the past will push him/her back.

*We can not change the
past, but we can change
the way we look at the past.
As we change the
perspective of the past, life
change too*

Deeply contemplate this finding, it is worth to use anger as a torch pointing the way. Anger is like finger pointing the dark parts of ourselves that need to be lighted. And this may happen, when anger is friendly accepted, gently embraced, and finally forgiven.

Changing Perspective is Changing Life

Equipped with wisdom that anger is a lantern, then the inner darkness such as fear, doubt, suspicion slowly illuminated. A friend who was once a big grumpy man give very important lesson, he deeply hate one incident in the past. Suppose that the incident did not happen, maybe life would be better, that's how he keeps thinking in long grumpy years. It's a natural characteristic of the grumpy, keep visualizing to change the dark past.

We all know, the past can not be changed. But we can change the way to look at. To make it simple, when we change the perspective then life change. A friend on the path of meditation once shared his story that his soul is deeply wounded because his father was killed in 1965. As a result, he must take good care of

mother and brothers for life. But when he changed his perspective, not to see the bad past as disaster, but rather a way of life to make his soul so mature, then his life changed.

To be honest, even the prophets should be made mature through deep pain, do not talk about the ordinaries. That's why, general Mc. Arthur pray for the children differently : "Lord, give children problems and obstacles, because it's the only way to make them mature". Within this perspective, then one can say thank you to anger, it makes many beautiful soul grow and glow.

Window of Compassion

Under the light of this understanding, anger is no longer dark, it functions as lantern of the path. Initially soul is deeply wounded by anger. The wound then makes ones looking for a cure by means of scolding others. But scolding others does not heal, instead it makes others create new wound.

When you see the angry person as wounded soul, then energy that arise within is compassion

Lighted by this understanding, grumpy person is an energy that open the window of compassion. At the same time this is the characteristic of people who are healed from anger. While most people only see darkness behind anger, this latest person see lantern of the path.

On the path of meditation, this approach is called "transforming poison into the path". It is similar to peacock which transform poison into food, through meditation steps of "accept, flow, smile" then darkness of anger is transformed into lantern of the path.



As soon as one realize the true nature of anger, then anger can be used as a lantern of the path

Transforming Anger Into Flower

It is unknown, who was the first person who called anger with such bad and dark image. Anger had been so long concluded as something which is totally negative. Sin, hell, punishment are images that are created in connection with anger. In fact, when one is well-equipped with clarity, calmness, compassion, anger can be transformed into a series of beauty.

Biology vs. Psychology

As we all know, one element of our biological body is fire. Fire in biology has its own equivalent in psychology in the form of emotion. For that reason, it is unimaginable there is human being who is completely free from anger. In the life of the enlightened,

there is still movement of emotion, but the enlightened simply witness it with smile. Initially, the nature of emotion is simply recognized. Like snow flake falling into the lake, it creates ripples temporary, and finally disappear. Deep direct understanding like this is often called insight. The last insight makes a person physically, mentally and spiritually healthy.

Louise L. Hay in her book *You Can Heal Your Life* even openly conclude that between 90 to 95 percent of disease is caused by unstable emotion. People who are grumpy for years for example can have liver disease, mainly because the liver is the seat of anger. People who feel that they are not supported in career and life, they often experience tension and pain in the back. In summary, there is a close relationship between biology and psychology.

There's always self denial behind all illness. The more one denies him/herself, the more he/she will suffer

When it comes to anger, it is like a double edged sword. When we blame anger, it is a source of disease. When we can use the sword (as samurai), it can be a guarding force. And on the path of meditation, all movement of emotions (including anger) are simply witnessed, gently hug with smile, until one realizes its natural nature. As soon as one realize the natural nature of emotions, he/she can use anger as a lantern of the path.

A Guiding Light

There are people who put anger as totally dark. However once the nature of anger is deeply understood in the depth of meditation, it could be a torch lightening the journey. In the language of classical Freudian psychology, anger is manifestation of feelings that have not yet been expressed. As soon as one's meditation is deep enough, one can express anger at the right

time and the right place. Daniel Goleman of Harvard University calls this emotional intelligence.

It is not easy to come to this stage. It begins with the total acceptance of self holistically. Borrowing from Louise L. Hay, in any physical or psychological pain there is always an element of self denial. The harder a person deny him/her self, the more severe the disease. That is why, it is very important learning to accept oneself fully and holistically.

In spiritual language, there is no coincidence there is only guidance. Psychologist Carl G. Jung called it synchronicity, coincidence which is full of guidance. When people can see the dark past as a series of guidance, they do not only heal anger, but also can find the direction to follow. Angry parents, hurting enemies, naughty children, they are all representing lessons that must be learned in this life. If that is how to look at the source of anger, then anger can be a guiding light.

Under The Guidance of Light

As the electric light, light is the synthesis between positive and negative energy. For anyone who wants to be guided by light, it is very essential to understand the synthesis between positive and negative. Human body is a very meaningful symbol. The mouth is a symbol of goodness, because from mouth it is expected many things good like healthy and clean food and drink enter the body. Anus is the symbol of badness because from anus many things bad come out of body. But without the anus, all human bodies will collapse.

Good guys and bad guys in community are similar. People who love and person who hate us are also the same. Light will be the guide of journey when one can smile to both mouth and anus.

Yin-Yang symbol in Taoism is another message. In the white space there is black dot, in the black space there is white dot. Put it simply, there is badness in goodness (especially if kindness makes one full of arrogance), there is goodness in badness (prisoners makes ordinary people are afraid to do evil). To see life as a totality, or to see life in a holistic way, that is light.

Terrible people are like anus, good person are like mouth. But without anus, all body will certainly collapse

Under the guidance of light then life is joy, sometimes it is called bliss. Pleasure is the positive response of body. Happiness is the positive response of emotion. And bliss or joy go beyond the duality of positive-negative. In meditative steps, it is translated into "accept, flow, smile". And the initial force that guides us to come into such blissful flower (beauty) is anger.



*Forgiveness does not change
the past, but it loosens the grip
of the past. When the grip of
the past is loosened, then
healing is possible*

Tiny Seed Within

All the huge and the very old trees begin with a small seed. This small seed was fertilized, watered, till one day become a big and strong tree. In the same way, healing and success are also similar. Both started with a tiny seed within.

The Seed of This Century

It's hard to deny that Nelson Mandela was one of the very few great light in this century. When he passed away early december 2013, about 90 heads of state came to pay respect. The French government even hang the name of Nelson Mandela at the Eiffel Tower for a long time. Anyone who learn from symbolical Guru understand, the most thrilling message that flow through Nelson Mandela is forgiveness.

For that reason, it is not an exaggeration to conclude, the seed of healing and success in this century is forgiveness. As seen in many meditation classes, as well as written by many of leading healers such as Louis L. Hay, Kari Joys, Brandom Bays, etc. there are too many failures and diseases in this age are caused by the inability to forgive. Adverse events that occurred decades ago, are still carried by many suffering beings. The primary reason behind this is simple, the inability to forgive.

*Accepting without
blaming, that's the true
turning point of
healing*

As it is often expressed in many articles, forgiveness does not change the past, but it will loosen the grip of the past. When the grip of the past is loosened, then one can live in the freshness of this moment.

Only in the fresh present moment, we can plant the seed of healing and success. Seed of forgiveness will be more powerful when it is combined with self-acceptance. The combination of both could be the best preparation for the future.

Reinventing The seed

Unfortunately, too many people try to run away from the unfortunate past. The harder they try to run away from the difficult past, the harder the past will chase them back. For this reason, it is highly recommended to reinvent the past. Put it simply, how bad the past is learn to see it from the blessing perspective.

A young woman who has a very traumatic childhood grow in her life without a father. As a result, in the depths of her soul, she does not only deeply miss a father during all of her life, but she also can be easily wounded by man's misbehavior. She tried various way of healing. But there is no sign that she was healed from soul wound. The turning point of healing occurred when

she learned to see her past more fully. To meet the more complete and holistic view of the past. In a more simple language, tragedy or comedy is a matter of point of view.

From the blessing perspective, this woman is actually blessed spiritually. The absence of father make her grow into a mature woman. Mainly because of grief, misfortune, suffering are sandpapers that softening the heart. Once the heart is softened, then there is beautiful door that is opened which is the door of beauty. This is often referred as complete (holistic) view of life. There is suffering in blessing, there is blessing in suffering. Suffering in blessing happens when one is arrogant because of the blessing. Blessing in suffering occurs when suffering makes people much more wise and mature. This is exactly the way of reinventing inner seed.

Take Good Care of The Seed

No matter how good the seed, it requires a supportive environment. That's why the friends who are not perfect yet in seeing life from the complete (holistic) view, it is advisable to surround themselves with a supportive environment. From family, spouse, friends, workplace, try to find someone who can support the growth of inner seed. That's why in spiritual path, there are spiritual family. A kind of family where people can forgive, accept and care each others. In one of the old Tibetan proverb : "true friends are family which we choose". While family at home (parents, children) are not fully we choose, we choose ourselves our true friends. In the wisdom of friendship, it has long been written : "true friends are the ones who let you grow to be your best self".

However, not everyone are lucky enough to find the true friends. In this age, finding the true friends is very difficult. In this case,

there is still another family which is the inner family (by which read: deep practice of meditation). What happened to many suffering beings, they run away from inner family, then poison their life with junk food of mind like alcohol and drugs. Meditation will take good care of this suffering through awareness and carefulness. Awareness loosens the grip of the past, carefulness heals the inner pain. The most important role of inner family is to be in touch with "the fullness" of present moment.

Awareness loosens the grip of emotions, carefulness heals the wound. That's how inner family can heal you

Finally, when the seed of forgiveness and acceptance grow in the environment of true family, then there is possibility that the seed grow into tree of peace.



*Listening heals both the listened
and the one who listen*

Listening Is Healing

The feeling of being incomplete, that is the driving force behind all wheel of change everywhere. From economy, science, technology, politic, social, cultural and even religions are driven by the same feeling. To be honest, the feeling of being incomplete is the major sign of the soul holes. Because the feeling of being incomplete then many people look for solutions outside to cover the soul holes.

From hole to hole

Since the beginning when the concept of community is formed, society is intended to cover the soul holes. Some of human affairs are certainly covered by the existence of community, but it's hard to deny that society also create a lot of new holes. Look at the

existence of consumer goods. On the one hand, it covers some holes of desires. On the other hand, it creates new craving holes which tend to be larger from time to time.

Learning from well-developed countries, where such desires are highly fulfilled, the tendency is not getting healthier. In Japan and Korea where people are so competitive, the suicide rate continuously increase. Borrowing from Mary Pipher's discovery in "The Shelter of Each Other", in 1990 72 % of Americans do not know their neighbors. Post financial crisis in Europe unlock many secrets, when desires are continuously fulfilled, it will end up like putting out fire with gasoline.

When the energy of compassion is used to listen, there's immense healing effect

The sad consequence of it, human being move from one hole to the other hole. And there is no sign when these holes can be fully covered.

Community of Listeners

Every friend who spent a long time helping people with psychiatric disorders will understand, what they mostly need to cover the soul holes is someone who can deeply listen. Kristina Nobel who spent a very sad childhood in the North of England once told: "What we do need when experiencing such deep soul wound is a person who listen". Therefore, after having successful life then she spends a lot of time in Vietnam listening to a lot of victims of war. Sadly, economic progress, science, technology everywhere makes less and less people who want to provide his/her life to listen the others.

Formerly, when many women became housewives, there was someone who provide herself to listen at home. Nowadays, do

not talk at the house, school, office, even in spiritual and religious community there is very rare human who has a willing to listen. Everyone want to be listened. As a result, we can see thirsty and dry souls everywhere. As experienced by many healers, conversation is a form of energy exchange. We exchange energy in conversation. As a result, listening is healing. It is not only curing the person who is heard, it also heals the one who listen. One who is listened recover because there is the feeling to throw the garbage out. The one who listen is healed because he/she experiences a meaningful and useful life.

This is possibly happen, when a listener learn to see the suffering sides of life. One who deeply embody the suffering sides of life, then give birth to compassion. As experienced by many healers, when the energy of compassion is used to listen the others there is immense healing effect.

Health and Whole

Referring to the concept of client-centered psychotherapy by psychologist Carl Rogers, in which we understand our lives better than the therapists, helping a person in healing conversation continually make ones digging him/herself. The task of a healer just ask and listen emphatically. At the beginning, it is an activity to listen outside. It makes someone richer and deeper from day to day, both on the side of the listener and listened.

Having spent long time listening outside, then there is a longing to listen inside. Listen to the voice of childhood, hearing the suppressed feelings from the beginning, listening to the messages of dreams, hearing to the crying of the unconsciousness such as anger and bad mood. Most people run away from these inner voices, that's why they fail to heal themselves. But the enlightened deeply listen to these inner messages, no matter how

painful it is. Having successful of listening inside, then there is a possibility of listening the whole (completeness). Include in this listening is listening to the voice of the earth, trees, birds, clouds, sun, moon, stars, etc.

Listening outside makes one rich of knowledge. Listening inside make one rich of wisdom. Listening to the whole guides one to be back home

After finishing these three stages of listening (outside, inside, whole) then one can understand the opinion of physicist David Bohm that had long been written in "Health and The Implicate Order" in which the word heal comes from word whole (completeness). Only one who attain wholeness (completeness) can be fully healed. Sometimes it is called enlightenment. And listening, as reviewed above, helped a lot in the journey of total healing.



*Pain, illness, suffering happen
because people fail to flow.
Healing occurs when one
perfectly flows*

Painting Emotion Into Harmony

In deep spirituality, some friends hate emotions excessively, especially negative emotions such as anger and hatred. To be honest, even after attaining enlightenment emotions are still there inside. Although the enlightened simply witness emotions with smile. On the biological side, the body is made of earth, water, fire, air, space. The element of fire in biology has partner in psychology in the form of emotion. So as long as someone has biological body, the emotions are still there.

Survival of The Fittest

In the book titled Expression of the Emotions in Man and Animals, Charles Darwin once wrote that human being has similar emotional expression everywhere. More than that, this inventor of the theory of evolution speculated, emotion is an important key to the survival of species (survival of the fittest).

In Darwin's age, this theory was just a speculation. At this age, it is supported by a lot of academic research. Candace B. Pert, Ph.D. is one of the scientists who is very accurate in this matter. In her beautiful book *Molecules of Emotion*, she writes clearly how emotions play major role in the healing process.

While Charles Darwin underlined the survival of the fittest, deep meditation underlines the survival of the kindest

Emotions - according to professor of research in the department of physiology and biophysics at Georgetown University - can be a source of disease, can also be a source of healing. In a number of studies clearly found, each change in the emotional side were followed by change in physiology. Back to Darwin's

speculation, be careful of emotion, it clearly determines how long and how peaceful one will live.

Survival of the Kindest

In psychology, emotion is a field of study that is wide and open. Sigmund Freud underlined that trauma and feeling which were repressed for years, especially in the age of zero to ten years, will determine how fragile one's emotion is. The more trauma and feeling that were repressed, the more dangerous a person emotionally. That is why Freud suggested to express emotion in a healthy manner through journaling, healthy friendship and mature dialogue.

Carl G. Jung through his archetype was closer to meditation and Eastern philosophy. With the symbol of perfect circle (similar to earth, moon, sun), Jung tried to explain emotional energy that flow. It is as simple as changing day into night. Pain occurs because people fail to flow, healing occurs because one perfectly flow with all blessing of life.

As the sky which is naturally blue, one who perfectly flow with life will be naturally full of kindness. Full of kindness to help people and all creatures to flow in life. This is what so called survival of the kindest. The kind people who are here to help, that's the only reason to survive.

Painting of Harmony

On the path of meditation, especially at the level of perfection (not at the development stage) disciples are advised to flow in a perfect circle like this: "accept, flow, smile". Pain is like a crying baby, consciousness is visualized in the form of a loving mother who gently hug her only son.

When there's grass there's weed. Accepting the natural nature of life like this, that is the beautiful painting of harmony

Borrowing the finding of British psychologist John Bowlby in the 1960s on attachment theory, since the birth time our brain is biologically designed to be full of love and caring. When a person learns to "accept, flow, smile", he/she returns to the brain's natural home. As mountain, beach, river are naturally look beautiful, when emotions are accepted, let it flows, and embraced by smile, then emotions are turned into painting of harmony.

In this light of understanding, it does not mean that one can be angry as free as possible. Once again not. Similar to well-experienced gardener, even though we just plant grass, but weeds also appear. And weeds (by which read : negative emotions) are continuously cleaned without complaint. It the natural law of garden, where there are grass there are weeds. Accepting and recognizing the natural nature of life like this, that is the beautiful painting of harmony.



*True love is never outside. It's
always inside. When love
blooms inside, you'll be naturally
loved. It's as natural as honey
which is sweet*

Beautiful Family

Human beings keep seeking shelter everywhere. Not only volcanoes, large floods, earthquakes that make people keep seeking shelter, social institutions such as government, schools, religious organizations that have deficit of charisma also make people seek shelter. Family is one of the options that available. Despite the fact that family is also threatened by divorce and infidelity.

Three Chapters of Marriage

Anyone who has been married more than a quarter of a century will understand, there are three stages of long marriage. The first stage is the stage of assessment when we were still close friend. For most people, it is characterized by an interest in the nature of

things such as the shape of the body, the way to speak, hobby. The second stage is a marriage moment that is filled with pain and pleasure. The third stage is the stage of maturity or spiritual marriage.

How mature the preparation at the beginning, most people should pass these three stages. Although in the first chapter people tend to favour something that is similar (such as religion, ethnicity, tastes, hobby, education, etc.), marriage still must enter the second chapter in the form of pain and pleasure. This second chapter will survive when one sees life in a balanced way. Where there is pleasure there is pain.

*Soul mate is not
someone who always
follow your desire.
True soul mate is
someone who guides
you to rediscover the
true love within*

Marriage enters chapter three when husband and wife entered a dangerous intersection. Wife is ready to menopause (decrease in sexual libido, the feeling of being insecure, emotional instability), at the same time the husband enter andropause (sexual appetite rise, the increasing self confident, until more demanding service). In the ancient times, at this point man took his second wife. But any marriage which survived at this stage, the couples enter the spiritual marriage. At the same time entering the gate of beautiful old age.

Diamond of Understanding

Many men express his love to his wife by giving stone diamond. It is the representation of eternal love. But there is more precious diamond, it is the diamond of deep understanding. A deep understanding of love. It can only be understood by deeply practise love for years. After years of deep practise, then one understands that love is never outside. The true love is always

inside. Hunting for love outside never bring the right partner. It only creates longing and unhappiness. When love has grown and bloom within, then you will naturally be loved. It is as natural as water that is wet, as natural as sugar which is sweet.

In the light of such understanding, soul mate is not someone who always fit to your measurement and follow your desires all the time. The true soul mate is someone who guides you to rediscover the true love within. He/she can serve you, or he/she can wound you. You will be hurted, betrayed, scorned by your soul mate. But these soul wounds are not the ordinary wounds, but the wounds that reverses the journey. From hunting for love outside towards rediscovering the diamond of love within.

After rediscovering the diamond of love inside, then someone understands his/her self deeper and deeper. One meets the peak of journey within when he/she can directly experience that soul is never split. Since the beginning, soul is whole, complete, perfect. As a result, one does not only stop hunting for love outside, but the soul beginning to glow and illuminating the darkness of all, include illuminating the one who ever hurted. A friend who has come to this stage wrote: "I've seen your ugly parts and I stay to Illuminate your darkness". The dark sides of his partner has been disclosed, but he continues the marriage to illuminate the darkness, to serve the energy of love.

Home of Peace

Inner traveller who has rediscovered the diamond of love within, then can transform family into home of peace. A kind of warm shelter in the winter, cool place in the summer. And the roof of this home of peace is deep love. Errors, mistakes, imperfections that were committed in young age will certainly bear fruit. It can be in the form of pain, illness, frail body.

But at the home of peace, everything (include sickness and old age) are seen as omen that lightening the journey. Sickness, disease, death are signs that we are not this body. Being healthy, happy, holy are the opportunity to emit the inner light. Someone who is able to write simply write as touching as possible. Person who can paint, just paint as beautiful as possible. The others protests, dissatisfaction, discontentment are inputs of improvement. Praise, fame, success are vehicle to help the others.

At the peak of inner journey, one can rediscover that soul is never split. Soul is whole and complete as it is. Life then simply flow like water in the river

Rumi is one of the person who has lived long at the home of peace. After a long stay there, then he uncovered the secret to all of us: "What you love is who you are". What you do love in a very long time, that's the true you. And long marriage helps a lot in rediscovering the true you. Borrowing from a spiritual master: "Sickness tells me that I am not the body. Burning house let me know that I am not the house. Financial bankruptcy teach me that I am not the money. Ultimately I realize that I am love". Welcome home beautiful souls.



*Inner contentment is the source
of connectedness.
Connectedness is the fountain
of abundance*

The Art of Happiness

Among so many arts, the one which is mostly needed at this time is the art of happiness. Do not talk about the poor, even the rich are hungry of happiness. In rich countries people spending on tourism increased rapidly. It gives input how thirsty people of happiness. In the past many people believe, success that makes a person happy. Recently many begin to be aware, happiness that makes people successful.

The Art to Stop

Keep running, that is the dominant feature of modern life. In order to pass the exam as quick as possible, students keep running at school. In the workplace, employees, entrepreneurs, government officers keep running to chase the target. Even at

home people are in a hurry. As a result, people can easily get tired. More than just being tired, many person experience deficit of energy which in turn can be the source of illness and suffering. Creativity and vitality of life disappeared in many places.

*At the deeper layer,
the art of happiness is
the art to flow.
Whatever the calling
of this moment, simply
flow*

In the past, many people assume the harder they try the better the results. This is the main reason of chasing and running in life. Nowadays, after mother earth is seduced by extreme weather, rising rate of suicide everywhere, World Health Organization predicted that mental illness will be very alarming in 2020, it is the

right time to evaluate the habit of running. At the same time also learn the art to stop.

The art to stop does not mean that we do nothing, rather to explore the deeper layers of happiness. In the level of running, happiness means the fulfillment of desire. Since the desire keep running then life also running. In the art to stop, happiness means developing an inner sense of contentment. Inner contentment makes person easily well-connected. And connectedness is the fountain of abundance.

The Art of Flowing

Once upon a time, a student of meditation got tired and boring, then he did the daily chores of shopping at the store nearby. To the owner of store he asked the best materials, the owner replied spontaneously: "everything is the best". Upon hearing the answer that everything is the best, this student experienced deep insight.

This is the deeper layer of happiness. While the suffering beings assume that life is a scarcity, that's why they keep running and

chasing, on the deeper level, life is a flow complete with its best blessings. The singing birds, the green mountain, waterfall, blooming flowers, jumping fishes, the singing children all keep whispering that everything is the best.

Pain is an inner messenger that there is life style that need to be improved. Failure is a lesson about the limits of oneself. Blamed is feed back to live in a more humble way. In other words, everything is the best. In this point of view, the art of happiness is the art of flowing. When one flows perfectly as a matter of time

At home, happiness is life which is gently embraced by the smile of thankfulness

he/she attains the experience of oneness. At this level, happiness is the aroma of coffee for the one who is drinking coffee, beautiful sunrise for those who are enjoying the sunrise, singing children for children lovers.

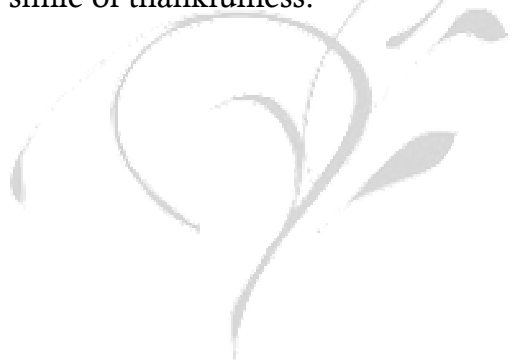
The Fruit is The Path

Disciples who flow perfectly in the long time, one day will attain a deep understanding that there is no path to happiness, happiness is the path. Happiness is step, step is happiness. While suffering beings put happiness at the end of endless tunnel, at this stage happiness is available in each step. Commoners use to split between the step and the fruit. Once arrived here, step is the fruit, the fruit is step.

Let's contemplate deeply one of the beautiful poems in Mundaka Upanishad: "From joy springs all creation. By joy it is sustained. Toward joy it proceeds. And it returns to joy". In the light of this poem, joy is the nature of life. Humans do not need to manufacture joy, simply eliminate the clouds that obscure joy.

Like seeing the light in the sky, as long as the sky is cloudless, light is naturally shining.

On the path of meditation, these clouds are simply witnessed as what the sky does to the clouds. Glad is witnessed, sad is witnessed. Praised is witnessed, blamed is witnessed. The simple meditative steps are as follows: "accept, flow, smile". One who diligently practice these steps, as a matter of time these clouds will disappear. As soon as the clouds vanished, meditator will understand through direct experience, happiness is life which is gently embraced by the smile of thankfulness.





Inner contentment is the seed of happiness. Without inner contentment life will be like cat chasing its own tail

Happiness, Joy, Bliss

One day Nasrudin was searching for something in the yard which was full of sands. When the neighbor asked what he was looking for, without turning his face he said: "I am looking for a needle". After the neighbor helped him for one hour, they still do not find the needle. This time the neighbor begin to be impatient and asked: "where was the needle fall?". Again Nasrudin replied without turning his face: "the needle fall inside". This made the neighbor really angry: "if the needle fall inside why do you search it outside?". With innocent face Nasrudin murmur: "because inside is dark and outside is bright".

Happiness

To be honest, Nasrudin's story is the story of most people. Searching for happiness outside, but the true happiness is inside. Billions of human beings try to find happiness by pursuing outside like food, entertainment, tourism. And all people who pursue happiness outside will certainly get lost.

Anyone who have exhausted chasing outside will understand, happiness starts from a seed called inner contentment. Without the seed of contentment, one will go around in an endless circle. And the inner energy that can plant this seed is deep gratitude. Always see life from the blessings side, that's how the door of gratitude is opened.

While happiness is perfect contentment, joy is much deeper. Joy is a flash of light which pointing the journey back home

This seed of contentment then is maintained in a garden called love. How bad your past, how terrible your wound, how deep your suffering, take good care of them with love. Radiate love to all of your misfortunes, shortages, accident, imperfections. Always remember, there is no coincidence, there is only guidance. Focus on the guidance not the punishment.

Joy

When seed of contentment have been treated well in the garden of love, then it can grow into a full experience of joy. Happiness is an inner feeling when certain desire is partly fulfilled, in the deeper level happiness means perfect inner contentment, and joy is much deeper. It is a flash of light that telling soul the journey back home.

Pain, suffering, wound are sacred bells which reminding that soul lives too far away from home. This holy bell also give a pointer where home is actually located. Many people look for home in holy places or holy person. Like bell, holy places and holy person can only disclose the sacred teachings that need to be embodied.

When the sacred teachings such as love, kindness, compassion are deeply embodied by putting the teachings into practise, then there is a flash of insight about home. The signs are simple, the

The closer you are to home, the less you are interested in pursuing outside. The closer you are to home, the more you identify yourself as the witness

closer you are to home, the more peaceful you are inside. The closer you are to home, the more love bloom in your heart. The closer you are to home, the less you are interested in pursuing outside.

Bliss

One of the profound teachings that guiding soul home is Tantra. And a sacred symbol that is often used in Tantra is sex. Borrowing the findings of psychologists who study sex like Delgado, orgasm as the peak of sexual experience is a series of experience that exist entirely inside. More precisely, it happens in the sexual center in the brain. For women, it occurs in the right hemisphere, for men it occurs in the left hemisphere.

This finding becomes one of the scientific evidence that the true happiness, the true joy are actually happen inside. At the level of happiness, orgasm means the fulfillment of sexual desires. At the level of joy, orgasm is a flash of light about home. Whenever the masculine and the feminine energy are melted in a single soul

then there's a flash of home. In Greece, it is called anima-animus, in China it is called Yin-Yang, in Bali it is called lingga-yoni.

And bliss (Anandam), it is far above the desire, it is not just a flash of light, but the light itself. While at the level of happiness orgasm happen in the sexual center in the brain, at the level of joy orgasm is a flash of light pointing home, at the level of bliss the one who experience orgasm is the Witness. It happens not on the right brain, not on the left brain. The location of the Witness is beyond time and space. It can not be explained, but it can be experienced. In a poetic language, bliss is only available in the here in the now. Borrowing from Lao Tzu: "One who understand does not speak, one who speaks does not understand". Welcome home beautiful souls.



*Some of beautiful heart like
Mother Teresa choose to live in
society not to follow them, but to
grow there as lotus flowers*

Live, Love, Laugh

Once upon a time a commercial sex worker visited Socrates who is discussing with his limited students. This commercial sex worker was shocked to see that the followers of Socrates was very few, while abundance of people who visited the commercial sex area.

The Mud of Society

Osho has his own unique interpretation about the story above. With a straightforward language he concluded, Socrates was like a lotus flower, while the commoners are like flies. Flies like a foul odor. And flies definitely flee from the fragrance of lotus flower. Some of flies do not just run from the lotus flower, but also hurt the lotus flower. That's why Socrates was killed, Jesus was

crucified, Mahatma Gandhi and Martin Luther King Jr. were shot, Nelson Mandela was jailed.

With all respect to the Osho's straightforward language, in the language of meditation, without the mud there will be no lotus flowers. To be honest, society is similar to mud. It is totally depend on one's choice, whether they are going to be deluded by the mud, or grow there as lotus flower. Anyone who like to live a clean and sterile life, he/she will run away from the mud. But some highly realize masters choose to grow in society as lotus flowers.

*Peace is closer to
flowing rather than
choosing*

Borrowing from a Zen master, in a sterile and clean water there will be no fish. In the same way, society is a place of many things - from corruption to delusion, from love to power till power to love - it is one's choice to live or leave. Some of beautiful heart like Mother Teresa, Mahatma Gandhi, Nelson Mandela choose to live in the crowd not to follow them, but to share the fragrance of lotus flower.

Waste And Flower

The ordinary suffering mind tend to create a wide gap between waste and flower. They love flowers very much, at the same time they hate the waste very much. And in deep meditation practice, whatever the duality (sad-glad, tragedy-comedy), they are all simply witnessed. Through accepting, flowing, smiling, everything is gently hug by smile and understanding.

In the level of perfect insight, flowers in these days will become waste later. Waste today will become flower later. The same thing happen to sorrow-joy, sad-glad, blamed-praised. Everything

flow according to their law respectively. And peace is closer to accepting, flowing, smiling.

This explains why deep meditation practitioners are such peaceful. They are peaceful in mind, peaceful in smile, peaceful in speech. It is because of one reason, life flows, mind flows. It is like day and night. No one can throw the night. Flow, that is the key to open the door of peace.

Songs of Love

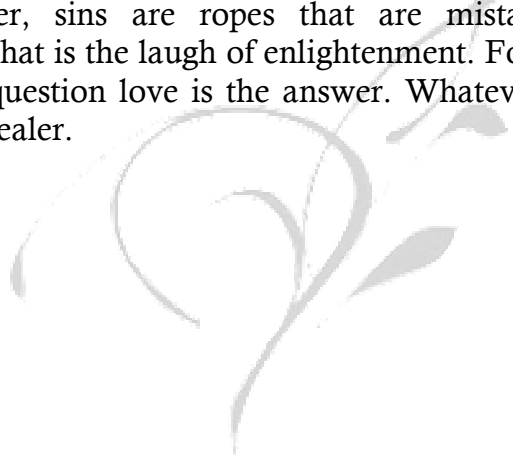
In the view of some young people, this notion of flowing is called lazy and doing nothing. Some others even conclude it as weak and stupid. But to the wise, this is far from lazy and stupid. It is like the life of the trees, in silence trees transform the poison of carbon dioxide into fresh oxygen that is really needed. Similar to ocean, in silence ocean process all wastes which are poured into many things that are meaningful.

*At the peak of the journey, to live is to love. To love is to get laugh.
Not the ordinary laugh, but the laugh of the enlightened*

As materials of contemplation, one day the animals want to compete with human being by establishing schools. There was course of swimming taught by fish, there was lesson of running guided by fox, there was study of flying facilitated by birds. After so many years the school was closed. At the end, the one who can swim perfectly is fish, the one who can run perfectly is fox, the one who can fly perfectly is bird.

We are all different. We do not need to be exactly the same. And in all these differences, life actually sing the songs of love. Flies like foul odor, butterflies love the fragrance of flowers, birds like

to sing, children love to play, all sing the same songs of love. Any wise person who listen to this song for long time will understand, to live is to love. The deeper your love the stronger your wings. The stronger your wings, the higher soul will fly. At the peak of journey, the door of understanding will be opened, finally to love means to get laugh. We have been living in the darkness for long time. Enlightenment dispel the inner darkness through awareness and carefulness. When the room is no longer dark, finally we see all fear, hatred, anger, sins are ropes that are mistakenly concluded as snakes. That is the laugh of enlightenment. For that reason, whatever the question love is the answer. Whatever the wound laughter is the healer.





*The wise is like the sun. Life can
flow continuously and the wise
never stop being the witnessing
light*

Touching Peace

Since the time when David Mc. Clelland published his classic work *Achieving Society* decades ago, many material progress happening here and there. A number of advances in science and technology even reach beyond imagination. And as always happens in history of life, every advancement has its own cost. Stress, depression, suicide, divorce increased rapidly everywhere. These made the world poor of peace.

Philosophy of Number One

The dominant characteristic of Mc. Clelland's classic work is the urge to be always number one. Whatever the field, from housekeepers to state leaders, all of them are driven by the energy of being number one. Of course there is the result. Poverty

and unemployment declined. Rising incomes and economic welfare in many places.

However, as the soccer tournament, the winner is always one. While those who do not receive the trophy are far more than one. Mc. Clelland just focus on the limited number of winners. And even the winners will no longer winners in the following times.

And the number of non winners increase significantly from year to year. Like the accumulation of dirt in the body, one day when the amount of dirt is far more than the capacity of body to absorb it, then there is explosion in the form of dangerous sickness. Life in this level is similar to enemy that must be destroyed.

While in achieving society life is considered to be imperfect, in deep meditation life is a dancing of perfection

There are some signs in this case. From global warming, nuclear waste till extreme weather. Without the serious efforts of building peace, earth is no longer a suitable place to live. In very competitive societies like Japan and Korea, it has been proven by the significant increase of suicide.

Philosophy of Flowing

Like a pendulum that keeps moving, civilization keeps swinging. There was a time when human was full of hunger, there is time when people are full of abundance. There is time of joy, there is time of sorrow. The suffering beings let themselves being shaken by this pendulum movements. That's why stress and fatigue increase everywhere.

In contrast to the commoners, the wise is stable like the sun. Life can keep flowing from day to night, night to day, but the sun keeps shining like a witness. In summer, enjoy the beauty of

sunrise and sunset. During the rainy season, thanks to the beauty of rainbow. In this way, life is taken good care like a mother taken good care of her only child.

A British psychologist John Bowlby with his attachment theory discovered that our brain grow the most healthy in the moments of love, kindness, compassion. In other words, after spending long time of overheating periods because of the excessive desire of achievement, it's now the right time learning to flow. Especially to let our body, mind, soul back to be embraced by love, kindness, compassion. Flowing is like a womb, love, kindness, compassion are babies who were born from that womb.

Peace, Peace, Peace

While under the flag of achieving society life is assumed as imperfect, that's why people keep struggling to be number one, on the path of meditation - especially at the level of perfection - life is believed to be a series of perfection. In Tibet (roof of the world) sometimes it is called dzogchen (great perfection) sometimes it is called mahamudra (great seal). In Japan, it is called Bushido. A sort of meditation that witnessing all without being touched by the flow of life. In Bali, it is called Embang (ultimate silence). That's why Bali is the only island in the world that celebrate new year as silence day. In the language of God's devotee, everything is the dancing of the same perfection.

Since everything is the dancing of the same perfection, then the daily life contains only three simple steps: accept, flow, smile. For the layman, it is called passive, not doing anything. For the masters, it is far from passive, far from doing nothing. As coconut trees naturally grow on the hot beach, pine trees naturally grow on cool mountain, people who perfectly accept, flow, smile, are learning to return back to his/her natural calling.

When a person returned back to his/her natural calling, he/she does not sleep unproductively, otherwise they touch the peak of peace. In peace, it is very probable that people will come to the stage of high productivity and creativity. It is as simple as coconut who is productive on the beach, as simple as pine who grow healthily in the mountain. In two different places both coconut and pine bless life perfectly. In the same way, human can

The answer is not to be number one. The answer is to be the unique and authentic you

best contribute to life when he/she is carrying out his/her natural calling. In this stage, the answer is not to be number one, the answer is to be the unique and authentic you. Comparison, competition are no longer needed, as we can not compare coconut and pine. On the top of that, by performing the natural calling of life then life flows naturally in the river of peace, peace, peace.



*When you love yourself
enough, life begins to
blossom in a beautiful way*

Song of Peace

One day Nasrudin asked God, why his wife is such beautiful. The Lord gently replied: "that's why you choose her". "My wife is not only pretty my lord but also soft", Nasrudin continues his inquiry. Again God answered with soft message: "that's why you choose her". This time with a deep apology, Nasrudin softly asked the last question: "why my wife is such stupid?". Again, the Lord replied gently : "that's why she choose you"

Being Friend of Yourself

This is the characteristic of people who rarely hear the song of peace, there's always elements of life that need to be discarded. Borrowing from in-depth research on humans who cause serious problems such as the radicalism, when someone attacks another

person, part of other's life that is attacked is the same as the most hated parts of him/herself. Let's take anger as an example, when someone attacks the grumpy he/she actually hate his/her own anger.

Listen to the messages of illness, then you can have happy and healthy life because of illness

A number of in-depth study on radicalism show, they assume that they are going to be attacked. What is hidden behind this assumption is the insecure self, the inability to be the friend of self. As a result, they always suspect every others movement. At the end, life can easily be burnt. That's why, many healers agree, behind all disease and pain there is always the element of self-denial. The harder a person deny him/herself the worse the suffering.

Inspired by this, every friend who want to be healed and peaceful, learn to be the good friend of yourself. Especially being the good friend of shortages, bad luck, imperfections. This friendship will not just stop your fighting against yourself, it also stops the pain that you inflict on others. In the language of a good friend : "when I love myself enough, life begin to blossom in a beautiful way".

Garden of Life

Similar to parks, life outside and inside are always rich in color. Outside there are Americans, British, French, etc.. Inside sometimes we are happy sometimes we are sad. And the seed of peace is to accept the fact that life is rich in color. Meditation or not, life still rich in color. There are so many students who refuse their jumping mind in meditation. They try to replace jumping mind with a single color of calmness. And the more they reject the more chaotic their mind.

For that reason, many students of meditation have been suggested to receive the fact that life is colorful. Embrace differences of color as a mother embrace different children. It is similar to sun that shining to all without discrimination. And this seed of peace then watered by love, fertilized by compassion. Only one who loves him/herself then can be loved.

Many students of meditation who are sick, are suggested to accept even sickness. The beauty of having disease, it makes a

The fastest way to rediscover yourself is to lose yourself in the service of the others

person being careful in life. Being careful in eating, drinking, thinking. Let's take one who is attacked by bronchitis as an example. Bronchitis force someone not to smoke, being careful of dusty weather. When the signs of this disease are read, the input is used to live in a more discipline way, then one can heal him/herself due to illness.

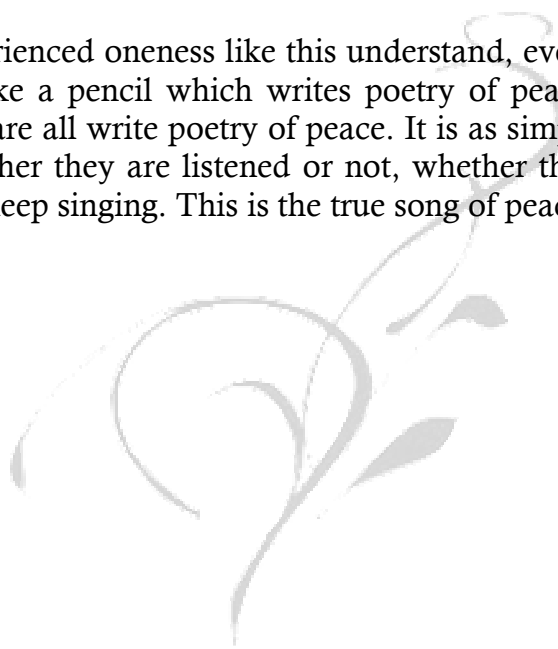
Pencil of Peace

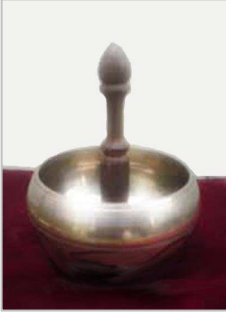
Not many people who are cured, then having a chance and willing of serving others. Mother Teresa is one of the rare soul. When she was asked about the essence of her life, she shortly reply like this: "I am only a pencil in the hand of God". Mahatma Gandhi is another rare soul. In front of his students he often advised: "The fastest way to rediscover yourself is to forget yourself in the service of the others".

As experienced by many inner travelers, after recovering from hostility toward oneself, there is usually a natural energy that comes from within. It is the sincere intention to serve the others. It is as sincere as coconut trees that grow on the hot beach, as

genuine as pine trees which grow in the cool mountains. This energy of sincerity then give birth to baby of service. Not the ordinary service, but service as part of oneness.

Anyone who has experienced oneness like this understand, every movement of life is like a pencil which writes poetry of peace. Work, prayer, service are all write poetry of peace. It is as simple as singing birds. Whether they are listened or not, whether they are liked or not, birds keep singing. This is the true song of peace.





*If you can not find what you
search in this life, you will not
find it after death*

True Soul Mate

When a teacher was asked about the main sign of soul who has been home already, the teacher gently replied: "he/she is no longer interested in pursuing outside".

Bottomless Well

For most people, there is always a feeling of being incomplete. Do not talk about the sick and the poor, even the rich and the healthy also have the feeling of being incomplete. That is why human being spent most of their age looking for something outside. And among many things that people seek, the most consuming energy is searching for soul mate. Wealth, power, fame are all addressed to obtain recognition from soul mate.

Almost all commoners only stop their search for soul mate after being attacked by illness. Some even stopped by death. Borrowing a message from Tibetan holy book: "If you can not

find what you seek in this life, then you will not find it after death". As a result, the journey of soul is like digging bottomless well. Dig, dig, dig, and along the journey is full of darkness. There is no sign of light.

The journey of some friends even very dark, few of them inhabit mental hospital, imprisoned in the prison, attacked by hiv/ aids, drugs addiction. Inspired by this story, it is worth to contemplate life that keep seeking and searching and finally get tired, sick and become the burden of the others.

*At the center within, life
is like a calm and
beautiful lake of
contentment*

Beautiful Lake of Contentment

The direct result of life that endlessly searching is energy deficit. This is the source of many stress and illness. For that reason, there is no other choice if you want to be healed and attain peace, learn to stop this restless searching. One of the energy within that can stop this searching is a sense of inner contentment. How poor you are, how simple your life is, with inner contentment you will feel rich inside.

Frogs are symbol of suffering being. Frogs keep jumping here and there, they never find where the honey is. Butterflies are symbol of wonderful creatures who find the honey. Without jumping here and there, butterflies directly fly to the center of flowers. And there they find the real honey.

Life is similar to circling circle. Night-day, failure-success, tragedy-comedy are all circling. On the periphery, life is shaking (down-up, blamed-praised, bad mood-good mood). But at the center, there is no shaking, there is only silence and peace. This is the honey of life. And inner contentment is the inner energy

which guide one to the center of the circle. The most beautiful part of the journey to the center, at the center life is like beautiful lake of contentment. It is calm and beautiful.

Flowers of Love

Similar to trees which transform the poison of carbon dioxide into much-needed oxygen in silent, beautiful souls who live in the beautiful lake of contentment seems to be silent. But in the depths of the deep, he/she is processing the materials of life into the flowers of love. The past is full of lessons, the future is full of opportunity to serve, the present is the only time where all materials of life are processed into beautiful flower of love. That is why meditation focus on being presence in the present. From this womb of the present, then baby of service was born.

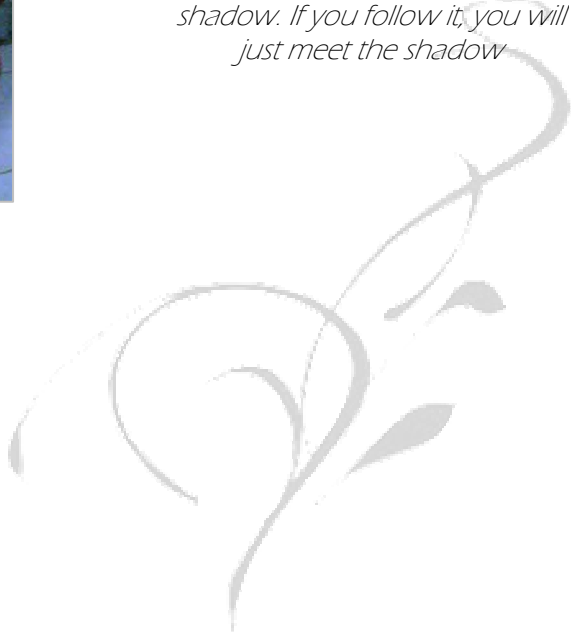
When you plant the seed of love, the one who blooms is you

Service is like the most beautiful garden to the beautiful souls. Mother Teresa, Mahatma Gandhi, Nelson Mandela, Thich Nhat Hanh are all grow beautifully in the garden of service. A touching spiritual friend even very explicit in this regard: "When you plant the seed of love, the one who blooms is you". In the life of commoners, service is an obligation. It is threatened by hell and guilty feeling. But in the life of beautiful soul, service is like garden to butterflies.

One who spends long time enough in the garden of service will understand, flowers are not only blooming out there, flowers also bloom here inside. It is the flowers of love. It is the most beautiful flower that ever bloom. From that moment, soul is no longer interested in searching for soul mate. Mainly because love is the true soul mate. As honey which is naturally sweet, when you are love inside you will be naturally loved.



Critical mind is like moon shadow. If you follow it, you will just meet the shadow



Beautiful Soul

Alienated in his/her own body, that's the characteristic of the restless souls. Not only in sickness, even when the body is healthy many persons are still restless. Some people cover their restless soul with beautiful cloth, some others hide it in a luxurious car. But the eyes can never lie, the restless soul is still there.

The Shadow of Moon

The main sign of restless souls, they keep searching through critical thinking. They do not only criticize the parents and the government, even God is considered to be unequal. As a result, the harder they seek the answers through critical thinking the more restless the soul. In fact, critical thinking is similar to the

shadow of the moon in a lake. When someone tries to touch the moon's shadow, he/she does not find the light there, they only have wet hands.

*Society is like the mud.
Let's grow there as
lotus flower*

Sadly, a lot of friends who are restless keep searching light by touching the shadow of moon. As a result, they keep waiting and delaying. Some are waiting for the arrival of God, some others are

waiting for heaven and nirvana, some even waiting for doomsday. In the midst of this restless waiting, the past appear to be full of shortcomings, the future never comes. Consequently, the present is very dry and empty.

As noted by many psychologists, the very dry and empty present is the main seed of mental illness. Every friends who spent long time to talk with restless souls who were hospitalised in psychiatric hospitals understand, there is nothing else there except empty and dry eyes. Back to the previous explanation, all are started from over critical thinking.

Steps To the Moon

Learning from the analogy that critical thinking is the shadow of the moon, then it is worth contemplating to move in to the opposite direction of critical mind. When touching the moon's shadow makes the hand wet, going to the opposite direction make ones go to the moon.

The main sign of critical mind is full of doubt, the opposite direction is trust and belief. Another characteristic of critical thinking is cunning, the opposite direction is sincere and honest. While critical mind is in the strong grip of duality (bad-good, wrong-right, dirty-holy), the opposite direction is to go beyond all duality.

That's why, on the path of deep spirituality, seekers started the journey with trust and belief, train themselves to be sincere and honest. On the path of meditation in particular, all emotions, thoughts are simply witnessed. As a result, all dualities can be transcended. Consequently, the past is full of lessons, the future is the source of inspiration, and the present is the only present. That's the reason why in English language today is called the present (gift). Beautiful souls who arrived home understand, there is nothing to wait, nothing to delay, there is only the eternal present.

You're The Moon

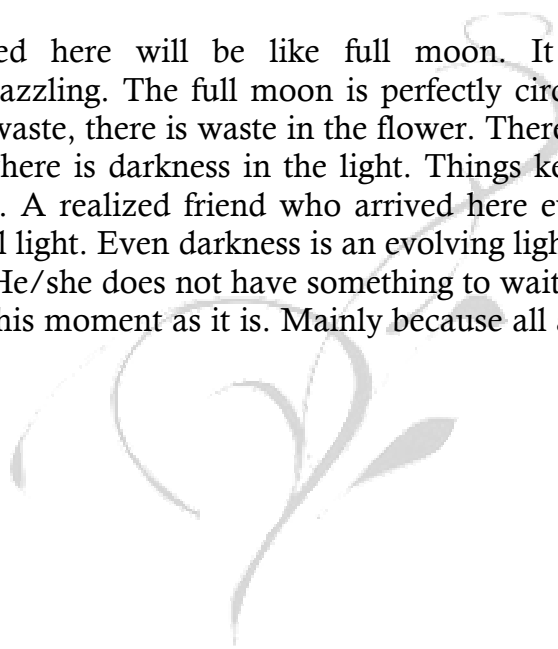
In a simple analogy, restless soul is like frozen snow. The feeling of being right then make them to be hostile to persons who are considered to be wrong. Their love to environment make them to be the enemy of plastics factory, paper mill, tin mill. Deep practise of awareness then make the snow of critical mind melted. In the language of the Tao, there is goodness in badness, there is badness in goodness. On the surface, duality appears to be contradictory, but in the depths of the deep the two need each others. Destroying one part is destroying the whole. As a result, the mind is so fluid and liquid like water.

You are all light. Even darkness is an evolving light

At the peak of the journey, the water then evaporates into the air. Some call it as the experience of oneness, some others concluded it as peace (nirvana). In the ancient India, there was a tradition called brahmodya. It was started by long arguing. And all the debates ended without any result. At the top of this ritual people then entered perfect silence. In Tibet, it is condensed into a single mantra : "Om Mani Padme Hum". The secret is hidden in the

lotus flower. Body might be living in the mud of the crowd, but do not let the mud make you dirty, let's bloom there as a lotus flower.

Any soul who arrived here will be like full moon. It is illuminating without dazzling. The full moon is perfectly circle. There is flower in the waste, there is waste in the flower. There is light in the darkness, there is darkness in the light. Things keep flowing in a full circle. A realized friend who arrived here ever whispered: "You are all light. Even darkness is an evolving light". This is beautiful soul. He/she does not have something to wait or delay, he/she rests at this moment as it is. Mainly because all are perfect as they are.





*Following others is the same as
destroying yourself*

The True Home

The author of *The Compassionate Mind* Paul Gilbert Ph.D. wrote, after meeting a lot of people in psychotherapy sessions for more than thirty years, he concluded that there is one trait of people who are mentally ill, at the same time also never found home, it is the inability to be kind, warm, love to life.

Alienated In The Body

As a result of imitating others, this type of people then become someone else. The situation is similar to humans who live in other's house, they are certainly not feel at home. That's why they feel so alienated in their body, mind and soul. The dangerous things happen, when they run into drugs, free sex, smoking and

the like. It might be saved, if they run into deep spiritual practices, then dig themselves deeper and deeper.

It is only a possibility, because even in the spiritual world there are dangerous things such as fake teachers, fake teaching, fake spiritual group. Learning from psychologist Carl Rogers, the one who know ourselves such deep is ourselves. Similar to going to medical doctor, the doctor's time to read our medical records, listen to our medical complaints mostly less than one hour. While we grow together with our body, mind, soul during our lifetime.

*All spiritual awakening
are preceded by the
dark nights of the soul*

The Gift of Pain

Almost everyone - include the holy people - reminded to return back home through pain and suffering. Once a person lives too far away from home, then he/she will be called through a series of calamities. Brandom Bays in her book "The Journey" wrote such clearly about this. Initially she was attacked by a basketball-sized tumor, then her house was burned, she was nearly bankrupt financially, until the family was broken by divorce.

In the language psychologist Carl G. Jung, all spiritual awakening is preceded by the dark nights of soul. That's why there is a book titled "Pain, The Gift that No Body Want". Suffering is blessing that is thrown away by everyone. Anyone who is sincere, diligent, honest in the front of tragedy - as Brandom Bays - he/she does not only survived, but also finding the brighter life. In some cases, it is not impossible that a person can attain enlightenment after this.

When the life of saints can be used as a reference, then the life of

Mother Teresa, Mahatma Gandhi, Nelson Mandela, HH the Dalai Lama, all told a similar story. The door is opened by pain and suffering. In the front of this long suffering, the holy are diligent, honest, sincere. Sincerity, perseverance, honesty never lie, they always bring people to the light at the end of tunnel.

The Art of Witnessing

Borrowing from an old teaching of American Indian tribes, within us there are two wolves that keep fighting. Good against bad, the sacred fight against the dirty. The one that wins is of course wolf that is fed every day. For that reason, many holy people feed only the good wolf through kind thoughts, kind speech, kind deed.

However, the journey back home is different. It does not choose good against bad, but learning to keep witnessing. Happiness is like sunrise, sadness is like sunset. But keep in the heart, both are the same sun. Success is high wave, failure is low wave. Always remember, you're not wave, you are the infinite ocean.

The journey back home is not choosing or picking but witnessing

In other words, the journey back home is often referred as the fourth. It is not the left, it is not the right, it is not the center. It is not sadness, it is not happiness, it is not neutral. It keeps witnessing all the time. Anyone who spent long time witnessing understand, by witnessing the soul will certainly go back home. It is as natural as the ocean which is blue, the hill which is naturally green, to one who is home soul is naturally warm, kind and full of love. While the ordinaries struggle to be kind and full of love, to the one who is home, kindness, love, compassion are as natural as water which is wet, as natural as sugar which is sweet. Welcome home beautiful souls.



*Pain is an opportunity to refine
the soul. In this perspective,
pain is transformed into light*

Simplicity, Clarity, Beauty

No one prays for illness. However, although people do not ask for sickness, many lives are painful. Especially because of the complicated interactions between physical pain and mental illness.

Dry Garden of Complexity

Hospitals and prisons are one of the honest mirror of what happened in certain place. The physical pain coupled with complicated mind, then make life more cloudy from day to day. That is why, both in hospitals and prisons the aura of sadness and hassle is like a dense smoke.

Parents who are sick is of course an unfortunate event. But suspecting neighbor to send black magic is the next calamity that will appear. Diagnosed to have cancer is another bad luck, but

blaming husband, wife, parents, children is the following worse bad luck. Above all, complicated mind makes ones move away from clarity.

*Pain and suffering are
marvellous torch*

Armed with such insight, complexity, unclarity which are upstream of many psychiatric illnesses should be lightened by simplicity. As a matter of time, all physical body will be a subject of pain and disease. It is a natural law in the universe. But when people can see that pain is an opportunity to refine the soul, sick parent is an opportunity to repay their kindness, then disease and pain can be transformed into light. In the language of a writer: "Pain, the gift that nobody want". In other words, pain is a blessing that is discarded by everyone. Without the courage to simplify like this, life can be a dry garden of complexity.

Simplicity and Beauty

Brandom Bays in her beautiful book "The Journey" is a charming example of simplicity. One day the stomach of this woman was getting bigger and bigger. A doctor then diagnosed her of having a basketball sized of tumor. If this happened to a complicated mind, the emergence of disease will be followed by another worsening problems.

However, Brandom Bays was calm in the front of this tragedy. Equipped by simplicity in mind, this best-selling author then turned inward, learning to listen to the intelligence that available within (inner genius). Initially, she was also attacked by complexity, but she did not allow complexity to stay long. Contacting her husband, close friends, alternative healing treatments were the following steps. But the main guide is the inner genius. Under the light of this inner genius, Brandom Bays

integrated alternative treatments (such as massage) with deep meditation.

In the depths of meditation she found, there is an infinite intelligence inside. Protest, sadness, inability to forgive is a pile of mud that covered the infinite intelligence. That's the reason why body fails to heal itself. Read carefully one of Brandom Bays's

By accepting, flowing, smiling you let the higher consciousness illuminate the unconsciousness

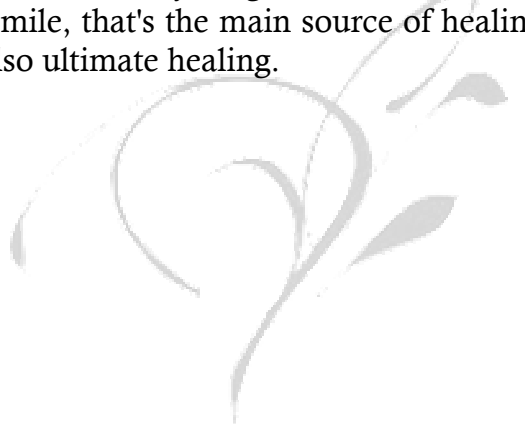
inner discovery: "why would I seek love from others when I'd realized I am love ?". This is the beauty of simplicity, the disease was turned into light, then the light brings a deep understanding that we are love. And at the peak of the journey, a basketball sized of tumor was gone completely.

The Ultimate Healing

Brandom Bays's story is an old story that is packed in a more up to date way. Do not talk about the ordinary people, even the soul of prophets were cured by pain and suffering. This explains why Jesus was crucified, Mahatma Gandhi and Martin Luther King Jr. were shot, Nelson Mandela was imprisoned for 27 years. The message is simple, pain and suffering are marvellous torch.

Borrowing the classical psychology of Sigmund Freud, the main source of pain and suffering is the darkness of unconsciousness. That is why, many people do not want to be angry or bad mood, but the anger and bad mood come again and again. All do not want any pain, but pain still visit many lives. And through the deep meditation that try to "accept, flow, smile" - this was also done by Brandom Bays - one learns to provide opportunity for higher consciousness to illuminate the darkness of unconsciousness.

When the unconsciousness is lightened by higher consciousness, then the infinite intelligence radiating from within. In the stories of physical healing, it makes the immune system perfect then enables the body heal itself. In psychological healing stories, inner darkness is illuminated. When inner darkness is illuminated, then one can see that everything has its own nature and law. Waste is in the process of becoming flowers, flowers are in the process of being waste. Everything is the flow of the same energy. Accept, flow, smile, that's the main source of healing. At the same time, this is also ultimate healing.





*Success is high wave, failure is
low wave. Both bow on the
same beach*

Life Is Beautiful

One day there was a mother who keep weeping everyday. When she was asked, she really loves his two sons. In the heavy rain, the mother crying for her son who sells ice cream. When the day is bright and hot this mother crying for her son who selling raincoats.

Desire As Servant

For every people who are drowned in desire, life is like rainfall of tears. There is no day without sadness. Without serious improvement, life could fall into dangerous abyss of disease. As have been published in a number of research, many dangerous cancers were preceded by insomnia for years. All physical illness

has mental element. And among all the mental elements that cause many diseases, self denial is the most crucial.

To be frank, desire is not always bad. As far as one can manage it well, simply put desire as servant, then desire is friend of growth. Danger occurs when desire becomes the master that determines everything. When it is followed continuously, desire makes someone similar to cat chasing its own tail. The harder it is pursued, the more distant the tail. This is the reason behind many dangerous illness.

Learning from this experience, anyone who want to be peaceful, there is no other option except to put desire back as a servant. When you are hungry, simply eat. If you are thirsty just drink. Just in the case you are sleepy go to sleep. That is the forms of desire as a servant.

*Witnessing enables
someone to say
goodbye to suffering*

Analyzing Vs. Witnessing

The classical psychology of Sigmund Freud emphasize much on analysis. That's why Freud blame parents and childhood many times. The main characteristic of analysis, people search the root of the root. Bad mood, anger and the like - borrowing from Freud - rooted in the repressed feelings during childhood. As a result, the repressed feelings were thrown into the unconsciousness. The dangerous thing like crazy happens, if the warehouse of unconsciousness is full then exploding.

This way of thinking is logical. It does make sense. However, when we go deep, finding the root is like finding the root of water. Water comes from the clouds, the clouds comes from ocean, the ocean is place where water will return. We are hurt by

parent, parent were hurt by their parents. If you believe in reincarnation, the one who hurt grand parents may be we ourselves. It is circling without ending.

Inspired by the increasing rate of suicide, divorce, depression, stress everywhere then it is worth pondering the approach of eastern psychology. While western psychology focus on analyzing, the eastern focus on witnessing. The approach is simple, you are asked to be a witness. Success is high wave, failure is low wave. And both bow on the beach of peace. And the beach is not the end journey of the wave, the wave will return back to the same beach. In the context of healing, our duty is simply to be a witness.

Moon of Compassion

Anyone who spends long time enough to be a witness through deep meditation, will understand that all positive things that are attached and negative things that are rejected are just clouds that come and go. Happiness is white clouds. Sadness is dark clouds. The essence of suffering is attachment to the white clouds and rejecting the dark clouds. In fact, both the white and the dark simply come and go according to their law. That's why, under the clouds sometimes light appear other times light disappear. But above the clouds, the light remains forever.

And witnessing makes a person ceased to be a cloud. Then learn to be clean and clear as the blue sky. One who rest in the cloudless blue sky for the long time, one day full moon of compassion rises from within. This is ultimate healing. Sometimes it is called enlightenment. As a result, silence and wisdom enable one to smile at each event of life. The past is full of lessons, the future is full of inspiration, the present is the only present. From the peak of smile then moon of compassion rise.

A kind of compassion that was born only to bring souls be back home.

This planet is not factory of weapon, it's a garden of compassion

Look at one beautiful poetry of Rumi: "Life is like staying at guest house. The guests keep changing everyday. Whoever the guests, keep smiling". This is beautiful life. Witnessing makes someone say goodbye to the clouds of suffering. Then the gate of silence is opened. Having entered this gate, one realize that soul is an infinite ocean of flowers. In the last ocean, one will understand that soul is here not to conquer this planet, but to bless this planet with love, kindness and compassion. A beautiful soul ever heard a message here: "this planet is not factory of weapon, it is a garden of compassion".



*The word devil comes from
divine. There's seed of divine
within the devil*

Bringers of Light

Weather uncertainty, endless conflicts, sadden corruption, suicide and divorce rate rise steadily, WHO (world health organization) even predicted that mental illness will be very worrying in the year of 2020, all of these are alarming darkness. Without the bringers of light, the future will be very touching.

Darkness As Friend

In the spiritual world especially, there are many lovers of goodness who are very hostile to the power of darkness. Cigarette factories, plastic factories, alcohol factories, soap factories, shampoo factories, paper mills, weapons producers, criminals, corrupted politicians and many others are put as enemies that should be destroyed. As a result, the beautiful intention of

goodness does not make the heart beautiful. Instead, kind intention makes a person's heart be such dirty because of hatred and anger.

*It's easier to illuminate
darkness by placing
them as companions of
growth*

To this type of friends, the memory is often refreshed that to be good does not mean to be hostile to the power of darkness. Darkness might be hostile to goodness, but the natural nature of goodness is not hostile to anyone. It is

like the goodness of a mother with a lot of children. Similar to encountering dangerous tigers and lions, fighting against them will certainly be ended by misery. However, when they are gently hugged and loved, then there is a chance that they will obey us.

Another thing, the word devil is derived from the word divine. Especially because devil is an evolving divine. In other word, there is seed of divine within the devil. It is similar to cat feces. It smells really bad. But when we put it under the flower tree, it will grow into beautiful flower. It is easier to illuminate the power of darkness by placing them as companions of growth, rather than placing them as the enemy that must be eradicated.

The Inner Light

As the electric light, light is the result of the ability to synthesize the positive and the negative. Light does not come from the anger of throwing the negative. For that reason, meditation does not kick the negative and does not grip the positive. Meditation is an art of being a compassionate witness. Sad-glad, tragedy-comedy, blamed-praised are all embraced by a gentle smile.

As a result, mind will experience a deep peace. Inner peace resembles to a quiet pond. From the quiet pond then grow

beautiful lotus of insight. At this level, one will understand that life is similar to reading book. If the book is too distance (because of being kicked) then it can not be read, if the book is too close (because of being gripped) it can not be read. Witnessing makes someone maintain a proper distance to life then able to "read" it.

Life may take anything, but do not let life to take your kind heart

After spending long time to read life, then the inner light will appear. One of the main trait, a person is able to see, understand, experience that there is waste in flower, there is flower in waste. There is sadness in gladness, there is gladness in sadness. This is very similar to the electric light, in which positive and negative are synthesized. Deep meditation practitioners who arrived here will only smile. Smile because he/she has directly experience that all is the dancing of the same perfection.

Sunrise of Compassion

As honey which is naturally sweet, the inner calmness will naturally give birth to the light of compassion. That's why Mother Teresa, Nelson Mandela, Mahatma Gandhi, Jalaluddin Rumi, HH Dalai Lama are full of love and compassion. They all start with perfect inner calmness. The inner calmness then provide space to the blooming lotus of compassion.

And as sunrise make the morning so bright and warm, this compassion also makes life so bright and warm. Borrowing the touching example of Nelson Mandela, life may take anything, but do not let life to take kind heart. Repeating the message of HH Dalai Lama, if you have to choose between religion and compassion please choose compassion.

The inner light of meditation that is coupled with the rising sun of compassion, then make a person become a bringer of light. You don't need to be as great as Nelson Mandela or HH Dalai Lama who received Nobel Prize for peace, it is enough to be a lantern in your environment. In the language of Mother Teresa, if you want to contribute to the world peace, go home love your family.





*The deeper one peels the
onion of soul, the more
peaceful life will be*

Angel of Joy

The dominant characteristic of people who rarely encountering joy, they feel uncomfortable to live in their body. The situation is similar to the coconut trees which naturally grow on the hot beach but they are forced to grow in the cool mountain. Tired, anxiety, tension are the daily menu of life.

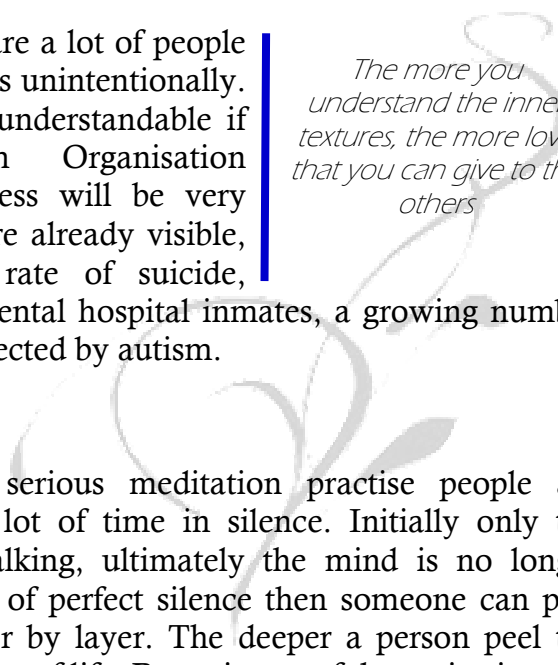
Outer Conversation

It has become a regular sight everywhere that human being love to have outer conversations. Do not talk about politics and power, even religion and spirituality are full of debate. As a result, from day to day people getting away from themselves. There is a deep sense of alienation there. Stress, depression and even schizophrenia could happen there.

One fruit of the too intense outer conversation, human being compete and compare excessively. The harder someone compete

and compare, the more alienated they are in their own body. Borrowing from J. Krishnamurti, following others means destroying yourself.

In other words, there are a lot of people who destroy themselves unintentionally. For that reason, it is understandable if the World Health Organisation predicted, mental illness will be very worrying. The signs are already visible, from the increasing rate of suicide, divorce, rise in the mental hospital inmates, a growing number of children who are affected by autism.



The more you understand the inner textures, the more love that you can give to the others

Inner Textures

For that reason, in serious meditation practise people are suggested to spend a lot of time in silence. Initially only the mouth which stops talking, ultimately the mind is no longer speak. Only in a state of perfect silence then someone can peel the onion of soul layer by layer. The deeper a person peel the soul, the whiter the color of life. Peace is one of the main sign.

One of the important result of the inner inquiries is to meet a lot of inner textures. Similar to the Earth's surface that is rich in textures, the same thing happens to the inner textures. Bad mood, good mood, sad, happy, love, sorrow are all the signs of inner textures. It is unique and different from one person to another.

As an example, in the time when body is healthy, emotions are balance, the loud sound of neighbor does not cause any anger. But in the time when body is lack of sleeping, there are a lot of problems in life, the same loud sound of neighbor can cause anger. The more one understands the inner textures then the less anger inside, and the more love that one can give to the surrounding people.

Life is joy

Once the grip of mind is loosening, the behaviour of emotion is recognized, the inner textures are disclosed, then a person can choose to be happy. Whatever the movement of life, one can choose to be happy. Health is a blessing, sickness is also a blessing. Mainly because sickness is an input that someone should be more careful in taking good care of themselves. Rich is blessing, poor is also a blessing. The beauty of being poor, a person can learn to be simple and humble.

Once your understanding of inner textures is deep, you can choose to be happy

This is the sign of a soul who stepped back home. In this stage, one can see that life is not a punishment, this planet is not a field of violence. In the depth of the deep, life is the way of perfection, this planet is a garden of compassion. In this perspective, it is understandable when a woman whose husband died several years ago, in certain meditation session, her window was repeatedly knock by a beautiful bird.

The message is simple, birds are angels of joy. That's why birds keep singing, no matter people like it or not, no matter human being praise it or not. The same thing happens to souls who returned back home as a result of recognizing inner textures, this person has been reborn as an angel of joy. Whatever he/she thinks, says, does, become a song of joy. At the same time that's also the best way to bless this planet which is currently inhabited by many human beings who immersed themselves in deep sadness.



*One who knows does not
speak, one who speaks does
not know*

Knowing Death Knowing Life

Any one who run away from death will never understand life, this is a message that is often heard in the deep spiritual realm. After reading the book of Sushila Blackman titled *Graceful Exits: How Great Beings Die*, this message is really true. By understanding death, people not only understanding life, but also can rediscover the lost home. Blackman's book that contains the story of the death of 108 saints, can simply be condensed into three paths: the path of devotion, the path of knowledge, the pathless path.

The Path of Devotion

The unique quality of inner seekers who follow the path of devotion, everything is done as a series of offerings. Thoughts, words, actions and complete with its own fruits, are all dedicated to the Guru. As a result, on the one side the ego disappears, on the other side a sense of deep devotion to Guru is written clearly

in the heart. Consequently, when the soul is called back home through death, the first thing that appear in the mind and heart is the name of Guru complete with deep devotion.

Nothing which is more precious on the path of knowledge than silence

For that reason, it is easy to understand that Mother Teresa often calls herself like this: "I am a pen in the hand of God". There is no self and I there, there is only sincerity to serve

the Guru as perfect as possible.

Mahatma Gandhi was also on the path of devotion. His peacefulness, balance, serenity were all illuminated by the belief that Guru is presence in every step. When the bullets penetrated his body to death, no spirit of anger there, the last voice that emerged from Gandhiji was like this: "Shri Ram, Shri Ram, Shri Ram". Series of sounds that call upon the name of Guru.

The Path of Knowledge

There is nothing more precious on the path of knowledge than silence. It is like digging well. Initially there is only rock, soil, mud. If one digs with diligent, love and sincerity, then clear and clean water of knowledge will appear. And the cleanest water of knowledge is silence.

This explains why one of the poems of Rumi is like this: "Life journey is like peeling onion. Outside the color is brown and dirty. When it is peeled the colour is white. The more it is peeled the whiter the colour will be. When nothing is left there is only tears drop".

Such deep knowledge of silence is sometimes called Vidya. Sort of the king of all knowledge that makes people do not get lost in the dark forest of life. With this knowledge, every step - include

death - is peaceful and beautiful step. Sometimes it is also called Vipashana. An insight which is similar to full moon. A perfect circle that represents silence. Out of silence appears light of compassion. Moment of death on this path, is like the birth of baby eagle. As soon as the eggshell is broken, eagle will fly. The left wing is silence, the right wing is compassion.

The Pathless Path

The pathless path is the most difficult path to explain. It can only be understood by one who live it. It is as difficult as explaining the taste of banana to those who never eat banana. As soft as butter but not butter. As sweet as sugar but not sugar. When butter mixed with sugar, it is not banana.

On the path of devotion, everything are done as a series of offering to the Guru

For that reason, the experience of this group is very rarely recorded. It is similar to bird flies in the sky, it is completely traceless. In the language of Tao: "One who understands does not talk. One who talks does not understand".

That's why, in one part of Sushila Blackman's book she concludes: "To die is to rest". To the saints, to die is to take a sacred rest. Inner seekers on the path of devotion rest in service. Inner inquiries on the path of knowledge rest in silence. On the pathless path, even the word silence can not explain it.

Now it is back to everyone. Borrowing the message of a Guru, the king of knowledge is the knowledge of who you are. Using this latest knowledge, then one chose the suitable path. No matter what path to follow, to the one who is home already, compassion is something natural. As natural as water which is wet, like sugar which is naturally sweet.



Back Gate
The Healing Energy of Bali



*Stay in the middle, smile to
both devil and divine within,
that's the path of healing
and peace*

The Healing Energy of Bali

Learning deeply from many unsolvable problems, unhealable diseases, unresolvable war and conflicts, human civilization nowadays is in a deep longing for healing energy. Look at the increasing rate of suicide, divorce, strange illness, autism. The question then, where is the healing energy and peace can be found? Other places may have different aura. As has been noted by many spiritual seekers for years, the aura of Bali is peace. For that reason, let this concluding chapter explain briefly what the Balinese elder called peace.

The Ground

It is hard to imagine that there is deep peace when the mind is still gripped by duality (good-bad, right-wrong, sad-glad, tragedy-

comedy, etc.). The stronger the duality grip one's mind, the farther one away from peace. That's why Balinese elder taught: "rwa bhinedane tampi". It simply means learn not to oppose duality, gently hug duality with the same smile. It is like day and night, both day and night flow in their own time.

In the language of gardener, we are all unique mixture of grass (by which read: good quality) and weed (bad quality). Eventhough weeds are cleaned every month, weeds appear again and again. Beautiful garden as symbol of healing

*We're all unique
combination of weed
and grass. Smile to both
weed and grass, that's
peace*

teach us, no matter weed appear again and again, the job of skillful gardener keep smiling in cleaning the weed. In the same way, we human being have both health and sickness inside. Ultimate healing happens when we keep smiling to whatever presence in the present.

Another analogy, life is similar to human body. Success is like mouth. Failure is like anus. Commoners love success, they do not want failure. This is like having human body without anus. As we all know, without anus all human body will certainly collapse. And what the Balinese elder call as "rwa bhinedane tampi", learn to treat anus as good as you treat mouth.

The Path

As widely practised in Bali, the path that is chosen by Balinese elder is the path of devotion. That's why there are wide variety of rituals in Bali. As has been written in the opening chapter, the ritual of Balinese is the ritual of love. It does not only make offering to the divine, but also provide foods to the devil.

The same thing happens to inner life. We all have both the devil

and the divine within. Following the path of Balinese elder, both devil and divine are gently hug. Inspired by this, learn to be the good friend of both the divine and the devil within. It's not coincidence that the place in Bali where million of people from all over the world come to access the energy of healing is Ubud. Ubud means ubad (medicine). Ubud is located in the middle part of Bali. The symbolical message is simple, if you want to be healed learn to rest in the middle.

For that reason, the way the Balinese pray is called panca sembah (five steps to pray). It is started with emptiness (sembah puyung) and ended with emptiness as well. There's message of healing behind this, anyone who want to be healed and attain peace, please remember the transformation from figure two (2) into one (1) and finally empty (0). Initially there are the worshiper and the worshipped (figure 2). Deep devotion transform the two into one, in which the worshiper and the worshipped are no longer two but one. Ultimately, even the one dissolve into emptiness (0). And the message of Balinese elder is very clear, stay in the middle, smile to both goodness and badness, that's the path of healing and peace.

The Fruits

Any inner traveller whose mind rest in "rwa bhineda" (silence), experiencing the spiritual transformation from two, one, till zero, will understand that the very nature of life is peace. That's why everytime the Balinese ended the prayer, the word shanti (peace) is repeated three times. Peace in the below, peace in the middle, peace in the upper (bhur bwah swah).

Seen from this perspective, it is understandable why Bali island is the only island in the world which celebrate new year with silence day. Nothing but silence. Balinese elder called God with

the name Embang. The absolute aspect of Embang is silence, wisdom, emptiness (nyepi lan ngewindu). And the relative aspect is compassion (urip lan nguripi). This is a couple of wings (wisdom and compassion) that enable human being fly to the sky of peace and healing.

The place where million of people from all over the world acces the energy of healing is Ubud (medicine). It's located in the middle part of Bali. Stay in the middle, that's healing and peace

Balinese elder love to leave holy messages in the form of temples. In a beautiful place of Kintamani, where the masculine of mountain Batur is gently hug by the feminine lake of Batur, in that place the elder left pura Jati (the true home). Welcome home beautiful soul. May this bell of peace keep ringing, illumminating as many darkness as possible



While the terrorist attack to America was followed by countless bullets, in Bali there was not even a single small stone was thrown into the non Balinese holy place. There's symbolical message which is hidden here. The world recently is full of darkness. And one of the light comes from Bali.

Learning from the terrorist bombing in Bali, violence can never be ended by violence. Violence can only be ended by love, kindness, compassion. And this simple and humble e-book is intended to share this last teaching to the world. It's a collection of years contemplation from a local Balinese who is educated in the west. This e-book are collection of chapters which exploring some deep teachings on healing, peace and harmony

Gede Prama is a long student on peace. He began his childhood by communing with symbolical Guru in one of old village in north Bali. Later on when he learned from the life stories of many maha siddha (the enlightened), he began to understand his spiritual experience in childhood. This last experience then enriched by meditating, reading, researching and personal meeting with some of world wide spiritual Gurus like HH Dalai Lama, Thich Nhat Hanh and Karen Armstrong.

Scholarship enables Gede Prama to continue his post graduate study to England and France. Hard work makes Gede Prama was appointed as CEO (chief executive officer) of a large corporation at the age of 38. And one year later he left behind all luxuries of corporate world then begin a journey of serving. To serve people on the path of peace.